

# Food Elimination Diets

by

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Note: This is for informational purposes and not a substitute for professional health care services.

# Overview

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- Common Sense Guidelines and Documentation
- Types of Food Elimination Diets
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  - Avoidance of three main culprits: dairy, wheat, and sugar
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  - Testing one food at a time following the food family chart

## Addendum:

Bibliography

Family Food Chart

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# Reason for Food Elimination Diets

- More and more people are reporting allergic reactions and other types of health responses that can be considered an allergy. This applies to children and our pets.
- Food elimination diets are one way to possibly rule out triggers for allergic reactions as well as problematic health responses.
- It is a testing process that can be done at home.
- Keep in mind, that allergic reactions can be:
  - Immediate
  - Occur two to four hours later
  - Occur a day later
  - In some instances, even two days later
- Each one of us are unique biochemically.

# Common Sense Guidelines and Documentation

- While doing a food elimination diet, it is recommended all meals be taken in the home. It means no eating out at restaurants as you are not always sure as to what is in their food.
- Unfortunately, GMOs are not labelled and do exist in the American food supply especially in vegetable oils.
- While doing this food elimination diet, it is important and extremely helpful to write down, what was eaten, when, and the responses (rash, itching, hyperactivity, bladder leaks, headache, bloating, and etc.)
- Keep in mind what beverages are used (keep to water) and oils (keep it to one oil or fat used for cooking).
- In the event that the food elimination diet doesn't identify a possible trigger source, the environment can trigger allergic reactions, like pollen, mold, and/or dust. Another source can be over the counter and prescription drugs.

# Types of Food Elimination Diets:

One food at a time

- One way to do a food elimination diet, and one that is probably the easiest and least inconvenient way, is to remove one food that is considered to be a suspect food. For example, if you know that peanuts are possible trigger food, avoid eating all peanuts including peanut oil, and see if that helps alleviate possible reactions. Another example is removing vegetable oils and using coconut oil for cooking and olive oil for salad dressings.
- Two, some other major suspects are: dairy (with or without butter), wheat, and sugar (many forms of sugar exists). Try removing all dairy except butter for one week. See what happens. The second week, remove all forms of wheat and see what happens. It is common that individuals can be sensitive to both dairy and wheat. The third week, remove sugar.

Note: Another form of butter is ghee as milk solids have been removed. It can be used by people sensitive to butter.

# Types of Food Elimination Diets:

Avoidance of three main culprits: dairy, wheat, and sugar

- Three foods that are most common triggers are dairy, wheat, and sugar. Eliminate all three of these foods at the same time, and see how you feel.
- Dairy may or may not include butter. Definitely avoid milk and cheese for testing purposes.
- If you do react to butter, another alternative is ghee, which is butter without milk solids. It can be made at home. In some instances, even ghee needs to be avoided.

# Types of Food Elimination Diets:

Avoidance of a number of known culprits: milk, wheat, sugar, egg, coca, food coloring, corn, preservatives, citrus, and peanut butter

- If allergic reactions still are occurring, then try removing the following:
  - The main three: dairy, wheat, and sugar
  - Egg
  - Cocoa
  - Food coloring (some of them are made from coal tar, not a food substance)
  - Corn
  - Citrus
  - Preservatives
  - Peanut Butter
  - Natural Flavoring or Food Flavoring (The FDA allows natural flavoring to contain up to 40% MSG without labelling.)

Note: More on this in the addendum.

# Types of Food Elimination Diets:

Testing one food at a time from the food family chart

- If allergic reactions are still occurring after removing milk, wheat, sugar, egg, coca, food coloring, corn, preservatives, citrus, and peanut butter, then it is recommended following a food family chart, test individual foods.
- When testing a food, add one food at a time and see if there is a reaction (immediate or delayed). Document when the reaction occurs as well as the type of reaction.
- Before starting on another food, skip a day.
- For the milder reactions, alka seltzer gold may help alleviate the symptoms. More immediate and potentially life threatening reactions, seek professional medical attention. Or, if you know that a particular food is a problem, avoid it at all costs.



# ADDENDUM

Bibliography

Family Food Chart

Food Journal Entries

- Diet focusing on a single food per day

- Diet with varied foods per day, one food a meal

Glossary

Other Testing

Other Types Food Diets

Information on the FODMAP Diet

Sample Journal Chart

Addendum Notes of the Food Elimination Diet

# Addendum: Bibliography, part one

- <http://maacallergy.com/food-families/>
- <http://www.thesuperallergycookbook.com/PDF/FoodFamilyChartbyFamily.pdf>
- <https://www.healthline.com/nutrition/elimination-diet>
- The Elimination Diet: Discover the Foods That Are Making You Sick and Tired--and Feel Better Fast (2015) by [Tom Malterre](#) and [Alissa Segersten](#). (Publisher: Grand Central Publishing).
- The Elimination Diet Workbook: A Personal Approach to Determining Your Food Allergies (2014 )by Maggie Moon, MS. (Publisher: Ulysses Press)
- The IBS Elimination Diet and Cookbook: The Proven Low-FODMAP Plan for Eating Well and Feeling Great (2017)by Patsy Catsos, MS, RD. (Publisher: Harmony Books)

# Addendum: Bibliography, part two

- The Impossible Child in school (and) at home: a guide for caring teachers and parents (1986) by Doris J. Rapp, MD, with Dorothy L. Bamberg, RN, Ed.D. (Publisher: Practical Allergy Research Foundation)
- Is this Your Child's World: How you can fix the schools and homes that are making your children sick (1996) by Doris J. Rapp, MD. (Publisher: Bantam Books).
- The Quick and Easy IBS Relief Cookbook (2017) by Karen Frazier. (Publisher: Rockridge Press).
- Tracking Down Hidden Food Allergy (1978) by William G. Crook, MD. (Publisher: Professional Books).

# Addendum: Food Family Chart, part one

- This list indicates botanical relationships of several foods. Allergic cross reaction within families can occur but is unpredictable, with some groups more likely cross reactive than others. Allergy skin or blood tests help guide what needs to be avoided.
- APPLE FAMILY: Apple, pear and quince.
- ASTER FAMILY (composite): Lettuce is most common. Others are: chicory, endive, escarole, artichoke, dandelion, celtruce, sunflower seeds and tarragon.
- BEET FAMILY (Goosefoot): Beet, spinach, chard and lamb's quarters.
- BLUEBERRY FAMILY (Heath): Blueberry, huckleberry and cranberry.
- BUCKWHEAT FAMILY: Buckwheat, rhubarb and garden sorrel.
- CASHEW FAMILY: Cashew, pistachio and mango.
- CHOCOLATE FAMILY: Chocolate (cocoa) and Cola.
- CITRUS FAMILY: Orange, lemon, grapefruit, lime, tangerine, kumquat and citron.
- FUNGUS FAMILY: Mushroom and yeast.

# Addendum: Food Family Chart, part two

- GINGER FAMILY: Ginger, cardamom and turmeric.
- GOOSEBERRY FAMILY: Currant and gooseberry.
- GRAINS (CEREAL OR GRASS) FAMILY: Wheat, corn, rice, oats, barley, rye, wild rice, cane millet, sorghum and bamboo sprouts.
- LAUREL FAMILY: Avocado, cinnamon, bay leaves and sassafras.
- MALLOW FAMILY: Cottonseed and okra.
- MELON (GOURD) FAMILY: Watermelon, cucumber, cantaloupe, pumpkin, squash and other melons.
- MINT FAMILY: Mint, peppermint, spearmint, thyme, sage, horehound, majoram, basil, savory, rosemary, balm (melissa) and catnip.
- MUSTARD FAMILY: Mustard, turnip, radish, horse radish, watercress and varieties of cabbage (cabbage, kraut, Chinese cabbage, broccoli, brussel sprouts, collards, kale, kohlrabi and rutabaga).
- MYRTLE FAMILY: Allspice, quava, clove pimento (not Pimiento).

# Addendum: Food Family Chart, part three

- OLIVE FAMILY: Green olive, Ripe olive, Red, green, bell pepper, Chili, tobasco, Pimento.
- ONION FAMILY (Lily): Onion, garlic, asparagus, chives, leeks and sarsparilla.
- PALM FAMILY: Coconut and date.
- PARSLEY FAMILY: Carrot, parsnip, celery, parsley and celeriac. Also the following spices: anise, dill, fennel, angelica, celery seed, cumin, coriander and caraway.
- PEA (LEGUME OR CLOVER) FAMILY: Peanuts, Peas (green, field, black-eyed), Beans (navy, lima, pinto, string, soy, etc.) Less important are licorice, acacia and tragacanth.
- PLUM FAMILY: Plum, cherry, peach, apricot, nectarine, wild cherry and almond.
- POTATO FAMILY: Potato, tomato, egg plant and peppers. This family includes all food called “pepper” except black and white pepper, such as: green pepper, red pepper, chili pepper, paprika, cayenne and capsicum. (Tabacco, belladonna, stramonium and hyoscyamus belong to this family.)
- ROSE FAMILY: Strawberry, raspberry, blackberry, dewberry and such developed berries as loganberry, youngberry, boysenberry, etc.
- WALNUT FAMILY: English walnut, black walnut, pecan, hickory nut and butternut.

# Addendum: Food Family Chart, part four

- ANIMAL KINGDOM
- MOLLUSC FAMILY: Oyster, clam, abalone and mussel.
- CRUSTACEAN FAMILY: Crab, lobster and shrimp.
- FISH FAMILY: All true fish, either fresh water or salt water such as: salmon, tuna, sardine, catfish, trout, etc.
- BIRD FAMILY: All fowl and game birds: chicken, turkey, duck, goose, guinea, pigeon, quail, pheasant, etc.
- REPTILE FAMILY: Turtle, rattlesnake and frog.
- MAMMAL FAMILY: Beef, pork, lamb, rabbit, squirrel, venison, etc. Cow's milk is of the same animal origin as beef. Most persons allergic to cow's milk cannot take the milk of other animals such as goat
- FOODS WITHOUT RELATIVES
- The following foods are the only members of their botanical family:
- Arrowroot, banana, black or white pepper, Brazil nut, capers, chestnut, chicle, coffee, elderberry, fig, grape, hazelnut, filbert, honey, juniper, flaxseed, karaya gum, maple sugar, New Zealand spinach, nutmeg (mace), olive, oregano, papaya, pineapple, persimmon, poppyseed, saffron, sesame seed, sweet potato, tapioca, tea, vanilla and wintergreen.
- Source: [maacallergy.com/food-families/](http://maacallergy.com/food-families/)

# Addendum: Food Family Chart, part five

- More information:

There is a great deal of cross-reacting between different members of a food family. However, this does not mean that if you are allergic to one food within a food family that all other members of that same family are also a problem. For example, it is possible to be violently allergic to potato but OK with tomato. This does mean, however, that you should be more aware of related foods.

Note that ham and bacon belong with pork, dairy produce with beef, and eggs with chicken. Once again, though, it doesn't follow automatically that you will be allergic to all products from a certain animal. It is possible to be very allergic to milk and dairy produce and yet be (reasonably) safe with beef.

To prevent additional food allergies, it is advisable to rotate foods, so that the same food is not eaten within a four day period.



# Addendum: Food Journal Entries, another type of food elimination diet

## Days 1 thru 7

- Allowed Foods and base diet:
  - Rice puffs (Arrowhead Mills)
  - Fresh fruit except citrus
  - Fresh vegetables except peas and corn
  - Meat – free range chicken, grass fed lamb, or fish (wild caught)
  - Beverages – water
  - Miscellaneous
    - Sea salt and pepper
    - Olive oil

## Day 8 thru 17

- Eat each the day the following:
  - Day 8 – Milk
  - Day 9- Wheat
  - Day 10 – Sugar
  - Day 11 – Egg
  - Day 12 – Food Coloring
  - Day 13 – Corn
  - Day 14 – Preservative
  - Day 15 – Citrus

Note: It is suggested that some time be allowed before trying or testing with another food.

# Addendum: Food Journal Entries, one type of food elimination diet continued

- The previous slide raises the question of what core foods that are considered safe to start with, especially when moving or using the food family chart.
- The core foods listed include:
  - Fresh vegetables (or frozen) except peas, corn, (and I would avoid carrots)
  - Fresh fruit (I would limit it to one fruit a day and exclude citrus)
  - Beverages – spring water without fluoride
  - Meat – free range chicken, grass fed lamb, and wild caught fish
  - Miscellaneous – sea salt and pepper and olive oil, coconut oil (for cooking) and flaxseed oil

Note: There are more details about doing an elimination diet in: <https://www.healthline.com/nutrition/elimination-diet>

# Addendum: Food Journal Entries, one type of food elimination diet continued

- For example, on day 8, eat a variety of milk products, such as cottage cheese, milk, and cheese. Use organic sources.
  - Can check blood pulse, and if it rises 20 to 40 points after eating, it can be a problem food. Writing and drawing can also change (especially in children).
- If there are problems with milk products, avoid testing with wheat.
- If there are no problems with milk products, test with wheat.
- Continue with other foods on the list.
- As safe foods are discovered, it can be added to the diet.

Source: Dr. Doris Rapp, MD. This was written before GMOs, issues with vegetable oils, and knowledge of grass fed meats were known. It has been modified. Cocoa and peanut butter was removed. Peanut butter has become a common allergy. If there is suspicion of a grain or gluten sensitivity, omit rice in days 1-7. Definitely avoid foods if there is any suspicion that it is a problem, especially those who have asthma. If testing, use a very tiny amount on a suspicious food.

# Addendum: Food Journal Entries, varied meals

- This is another approach is using one food a meal. Below is an example:
  - DAY One
    - Breakfast: Eggs (or kippered herring if allergic to eggs)
    - Lunch: Sweet potatoes
    - Dinner: Broccoli
  - DAY Two
    - Breakfast: Tuna fish
    - Lunch: Butternut squash
    - Dinner: green leafy salad using olive oil and apple cider vinegar
  - DAY Three
    - Breakfast: Sardines
    - Lunch: Peas
    - Dinner: Spinach or Swiss Chard
  - DAY Four – select other options from the food family chart

Note: Definitely avoid known food allergens, keep cooking simple, steaming, baked, or boiled. If not sensitive to butter or coconut oil, use it for cooking purposes. As for olive oil along with apple cider vinegar, use this as a salad dressing. For breakfast, select a protein. For lunch, select a complex carbohydrate. For dinner, select a leafy green vegetable.

# Addendum: Glossary

- Celiac – an autoimmune condition in which the body responds poorly to gluten found in wheat, barley, rye, and other foods
- Food allergies – the immune system triggers a reaction. The most common food allergies are:
  - Cow's milk and other dairy products
  - Eggs
  - Fish
  - Peanuts
  - Shellfish
  - Soy
  - Tree Nuts
  - Wheat
- Food intolerances – is the body's inability to process the food. Some of these ingredients are in certain medications, histamines in certain foods, enzyme defects, food additives or toxins
- Food sensitivities – is a milder form of food intolerance

# Addendum: Other Testing

- There is a test known as LRA by ELISA/ACT that can test your blood against 317 substances.
- It indicates what are strong reactions and moderate reactions.
- Avoid foods with strong reactions for six months and foods with moderate reactions for three months.
- It includes testing for dyes and pesticides.
- This is unfortunately not generally covered by health insurance companies and Medicare.

# Addendum: Other Types Food Diets

- While we are talking about food elimination diets, it is helpful to be aware of other types of diets or variations of food elimination diets.
- One is the leaky gut diet where all grains and dairy products are avoided. This enables the intestinal lining to heal.
- Those who are diabetic, there are certain foods to avoid like the grains, sugar, and limit intake of beans. Some root vegetables can raise the blood sugar (white yams and carrots).
- Another type is the ketogenic diet, a diet high in fats. It has been found to help with certain conditions like epilepsy.
- The specific carbohydrate diet has been found to help those in the autism spectrum disorder.
- The FODmap diet has been found to help those suffering from IBS, irritable bowel disorder.

# Addendum: Information on the FODMAP Diet

- The FODMAP is an acronym for:
  - F is fermentable
  - O is for oligosaccharides (includes fructans and galacto-oligosaccharides (GOS))
  - D is for disaccharides (includes lactose which contains glucose and galactose)
  - M is for monosaccharides (includes fructose)
  - P is for and polyols (includes sugar alcohols such as maltitol, mannitol, sorbitol, and xylitol)
- Benefits about 75% of the people suffering from Irritable Bowel Syndrome

Two Resources:

Healthy Gut, Flat Stomach: the fast and easy low FODMAP Diet plan (2017) by Danielle Capalino. (Publisher: The Countryman Press)

The IBS Elimination Diet and Cookbook (2017) by Patsy Catsos, MS, RD, LD. (Publisher: Harmony Books)



# Addendum: Sample Journal Chart

Note: Two types of immune system reactions, IgE (immediate) and IgG and IgM (delayed reactions 2-3 days).

Name:								
Sample Food Journal	Date	Time	Food eaten and Preparation	Immediate Reactions	Two hour Delay	Four hour delay	Next Day	Two Days Later
Meal or Snack								
Breakfast								
Midmorning snack								
Lunch								
Afternoon snack								
Dinner								

# Addendum Notes on the Food Elimination Diet

Canola Oil (suggest to avoid this completely, even in products labeled organic)

One, what foods to be aware of?

- Condiments (a source of hidden sugar and food preservatives)

- GMOs oils like corn and soybean in vegetable oils

- Hidden sugars (under a variety of names as well in ketchup and other condiments)

- Natural flavoring that includes MSG (monosodium glutamate, an excitotoxin, and known to trigger migraine headaches)

- Olive oil that isn't 100% olive oil

- Sodas (both diet and non-diet)- Most sodas contain high fructose corn syrup and the artificial sweeteners are even worse than conventional sugar.

## **Addendum Notes on the Food Elimination Diet, part two of three**

Two, what foods to purchase?

When doing a food elimination diet, it is best to eat a whole food, not one processed. Otherwise, you don't know if you are reacting to the food or the chemicals found in the food processing.

Vegetables – recommend organic frozen vegetables under the label of Nature's Promise available at Martin's (cauliflower, broccoli, spinach, green beans, peas). Other vegetables are asparagus, butternut squash. Another brand is Cascadian for vegetables and sweet potatoes

Root vegetables – organic yams and sweet potatoes, onions, organic potatoes

Salad vegetables – (most of them are available as organic) romaine lettuce, beets, kale, onion, cucumbers, carrots, celery, tomato, and etc.)

Other vegetables – zucchini, butternut squash, other squashes, organic lettuce, organic beets, organic kale, organic onion

# **Addendum Notes on the Food Elimination Diet, part three of three**

Meats - grass fed meats, beef, lamb, and chicken

Fish – wild caught fish like cod and haddock (Avoid farm raised fish and farmed salmon). Canned fish like sardines and kippered herring without preservatives can be used. Shrimp (not farmed) may be okay for some people.

Beverages – spring water, distilled water (will lack trace minerals), mineral water

Fruit – organic apples, organic lemons, and other organic fruits, frozen organic berries

Nut butter – a good nut butter is almond butter.

Note: If dealing with blood sugar issues, some of the vegetables can boost the blood sugar. Aldi has a number of organic items.

Note: The Environmental Working Group (EWG) lists the dirty dozen, vegetables and fruit that need to be organic as they absorb the pesticides found in the soil. This includes apples, bell peppers, blueberries, celery, cucumbers, grapes, lettuce, nectarines, peaches, potatoes, spinach, and strawberries.

# Conclusion

- After trying the food elimination diet, make copies of the food journal entries and bring it to the health care practitioner. This should help the practitioner determine what additional testing may be needed.
- Food elimination diets are basically easy and inexpensive (though more labor intensive) ways to identify problem foods.
- Food elimination diets are similar to the protocol in introducing infants to new foods, just one food at a time, checking for their reactions, before moving onto another food.
- If one member of the family is being tested, it is a good idea to do it for everybody.
- As you continue with the food elimination diet, you will identify foods that are safe and the list of safe foods will grow.
- This approach is to help you regain your health (as well as your family's or child's health).